

# HOT TUB SAFETY

To ensure the safe and enjoyable use of the hot tubs at Falsgrave Leisure & Lodges, we request that you read through and adhere to the rules of this safety document.

- ❖ Shower with soap and water and use the toilet before entering the Hot Tub. Body lotions, deodorants, perfumes, and fake tan etc. reduce the efficiency of the sanitizer which disinfects the water.
- ❖ Pregnant women, persons suffering from epilepsy, morbid obesity, heart disease, low or high blood pressure, circulatory problems or diabetes should consult their doctor before use.
- ❖ People with skin, ear and other body infections, open sores or wounds should not use the Hot Tub, to prevent spreading the infection and worsening their condition.
- ❖ The use of drugs, alcohol, or medication before or during Tub use may lead to a danger of drowning.
- ❖ Do not use the Hot Tub if your medication may cause drowsiness or raise/lower blood pressure.
- ❖ At 39 to 40degrees C, limit your time in the Tub to a max of 15 mins as extending this time can affect your inner organs and cause a fever. At 37 to 38 degrees C, this time can be extended as it is closer to body temp.
- ❖ Never use the Hot Tub alone.
- ❖ Avoid using the Hot Tub after a heavy meal or strenuous exercise.
- ❖ Take care on the decking and the Hot Tub steps as they can be slippery when wet.
- ❖ Never use glass in or near the Hot Tub. Broken glass causes injury and can be difficult to see in the water. Please use the plastic glasses provided.
- ❖ Showering after use and rinsing out your swimsuit prevents the build-up of chemicals and reduces the risk of developing skin rashes.
- ❖ Do not immerse your head in the Hot Tub water. This may cause infection and the danger of drowning due to suction below the waterline. Hair must be tied up and costumes safely tied.
- ❖ If any fault occurs, please contact management at the earliest convenience.
- ❖ If any allergic reaction occurs, leave the Hot Tub and rinse off in the shower. If the problem persists, go to a pharmacist, doctor or A&E.
- ❖ Take care when entering and leaving the Hot Tub. After use, your legs may be unsteady.
- ❖ The heat of the Hot Tub can speed up the effects of alcohol and may cause drowsiness, dizziness, and unconsciousness.
- ❖ During pregnancy, soaking in the Hot Tub may cause damage to the foetus. It is important to take advice before entering the Hot Tub.
- ❖ Please call us on 07400 128 128- if you require further advice with respect to these procedures.

## RISK TO CHILDREN

We do not recommend use of the Hot Tub to children under the age of 16.

Parents must take full responsibility if allowing children under this age to use the Hot Tub.

- ❖ Never allow children to use the Hot Tub unsupervised.
- ❖ When not in use, make sure the lid is on and secured.
- ❖ Warn children not to put their heads under the water.
- ❖ Do not let children drink or allow the water into their mouths.

## NOTE TO PARENTS AND HOT TUB USERS

It is your responsibility to enforce the safety rules within the lodge's Hot Tub.

The life and health of you, your family and friends are important. Please adhere to safety rules and supervise your Hot Tub.

**PLEASE NOTE: To comply with HSE regulations, the Hot Tub water is checked daily.**

**If the Hot tub water needs to be changed there will be a £150 charge.**